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Sangu Delle: There's no shame in taking care of your mental health | TED Talk

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All Words

IMPORTANT

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Session 1: Word List

- hell** *n.* the place thought to be where bad people go and are punished after death, often depicted as being located beneath the earth; an extraordinarily unpleasant or difficult place
synonym : inferno, agony, misery
(1) run like **hell**, (2) **hell** broke loose
The battlefield became **hell** on earth.
- turmoil** *n.* a state of great disturbance, confusion, or uncertainty, often marked by intense activity or strong emotions
synonym : chaos, confusion, disorder
(1) political **turmoil**, (2) the **turmoil** of the war
The company experienced financial **turmoil** after the CEO was arrested.
- enormous** *adj.* extremely large or great
synonym : huge, giant, gigantic
(1) **enormous** amount, (2) **enormous** potential
Shakespeare's output of poetry was **enormous**.
- suffer** *v.* to experience pain, distress, or hardship; to undergo or endure something painful or unpleasant
synonym : endure, undergo, tolerate

(1) **suffer** a setback, (2) **suffer** bad grades

The older man **suffers** from arthritis and finds it difficult to move around.

anxiety

n. a feeling of worry, nervousness, or unease about something that is happening or might happen in the future

synonym : concern, dread, agita

(1) diagnosis of **anxiety** disorder, (2) **anxiety** for knowledge
She waited for her daughter with **anxiety**.

clam

n. a marine mollusk that burrows and lives on sand or mud, the shell closes with viselike firmness

(1) giant **clam**, (2) shuck a **clam**

The **clam** digs through the sand to a significant depth.

violent

adj. involving or caused by physical force or aggression against someone or something

synonym : aggressive, intense, turbulent

(1) victim of a **violent** crime, (2) **violent** incident

The protesters became **violent** when the police tried to disperse them.

protest

n. a strong expression of disagreement, disapproval, or opposition

synonym : objection, disapproval, challenge

(1) hold a **protest**, (2) a silent **protest**

He left the party in **protest** at its radical political stance.

profound

adj. extremely great; sensed or experienced very strongly; displaying a high level of knowledge or comprehension

synonym : deep, unsounded, far-reaching

(1) a **profound** book, (2) the **profound** depths of the sea

My mother's illness had a **profound** impact on us all.

sham

n. something that is not as good or true as it seems to be and is intended to deceive people; a person who

pretends to be something they are not

synonym : bogus, counterfeit, fraudulent

(1) a **sham** battle, (2) turn out to be all **sham**

The data he prepared was completely **sham**.

stigma

n. a mark of shame or disgrace associated with a particular circumstance, quality, or person

synonym : mark, blemish, disgrace

(1) social **stigma**, (2) **stigma** against obesity

The mental health **stigma** often prevents people from seeking treatment.

incredibly

adv. in a way that is very difficult to believe; exceedingly or extremely

synonym : enormously, exceptionally, extraordinarily

(1) **incredibly** cheerful character, (2) get **incredibly** insecure

Several cities are experiencing **incredibly** high unemployment rates.

loyal

adj. giving or remaining firm and constant support to a person, institution, product, etc.;

synonym : dedicated, devoted, faithful

(1) a **loyal** friend, (2) become a **loyal** customer

Enemy armies are **loyal** to their monarch.

entertain

v. to keep a group of people interested or excited; to take into consideration an idea or feeling

synonym : amuse, delight, engage

(1) **entertain** a guest, (2) let me **entertain** you with music

He refused to **entertain** our proposal.

suffocate

v. to die or cause someone to die from lack of air or inability to breathe; to be overwhelmed or constricted by a feeling or situation, such as anxiety or oppression

synonym : choke, smother, stifle

(1) **suffocate** to death, (2) **suffocate** fire

People can **suffocate** from a lack of oxygen in confined spaces.

rigid

adj. extremely strict and difficult to change or adapt; incapable of or resistant to bending

synonym: strict, inflexible, stringent

(1) **rigid** rules, (2) **rigid** structure

He was unpopular because of his **rigid** adherence to the rules.

architecture

n. the art and science of designing and constructing buildings

synonym: design, structure, layout

(1) **architecture** design, (2) classic **architecture**

The city is known for its impressive **architecture** and beautiful old buildings.

masculinity

n. the qualities or attributes traditionally associated with men, such as physical strength, courage, assertiveness, and so on; the state of being male or manly

synonym: manliness, virility, machismo

(1) **masculinity** norms, (2) toxic **masculinity**

Research has shown that rigid ideas of **masculinity** can contribute to domestic violence and other forms of abuse.

jersey

n. a knitted garment typically made of wool or cotton, worn as a shirt or pullover

synonym: shirt, sweater, top

(1) **jersey** material, (2) fabric of the **jersey**

I always wear my favorite basketball player's **jersey** to the games.

brutal

adj. harsh or cruel

synonym: harsh, cruel, barbarous

(1) **brutal** bully, (2) **brutal** honesty

The **brutal** attack left the victim with serious injuries.

nurse

n. a healthcare professional who is trained to provide care for the sick or injured; (verb) to try to cure by special care or treatment of an illness or injury

synonym: healthcare worker, caregiver, medic

(1) **nurse** practitioner, (2) a volunteer **nurse**

The night shift **nurse** checked my vital signs before administering the medication.

bless

v. to make or pronounce holy; to hallow; to consecrate; to sanctify

synonym: sanctify, consecrate, hallow

(1) **bless** him in my heart, (2) **bless** you

The priest **blessed** the couple as they knelt before him.

inquire

v. to ask for information about something or from someone; to investigate or look into a matter to gain clarification or understanding

synonym: ask, question, query

(1) **inquire** at reception, (2) **inquire** into the matter

I need to **inquire** about the details of the job interview.

process

n. a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or objective; a method of treating milk to make it suitable for consumption or use in other dairy products

synonym: procedure, method, system

(1) **process** improvement, (2) decision-making **process**

The **process** for applying for a visa can be lengthy and complicated.

emotion

n. a strong feeling such as love, anger, etc. deriving from one's situation, mood, or relationships with others

synonym: feeling, sentiment, passion

(1) control my **emotion**, (2) afraid to show **emotion**

Some **emotions** are common across cultures and backgrounds.

disease

n. a disorder or illness that affects the body or mind, often characterized by specific symptoms or abnormal functioning of organs or systems

synonym: illness, ailment, affliction

(1) **disease** prevention, (2) **disease** control

The doctor diagnosed him with a rare **disease** that had no known cure.

depression

n. a mental condition in which a person feels very unhappy and without hope for the future; a severe recession in an economy or market

synonym: recession, slump, despair

(1) the Great **Depression**, (2) the root problem of her **depression**

Depression symptoms might include a decrease in appetite and weight loss.

weird

adj. extraordinary, unexpected, or difficult to explain

synonym: bizarre, creepy, peculiar

(1) a **weird** dress, (2) the state of being **weird**

My computer has been acting **weird** recently.

mad

adj. insane, especially due to a mental illness; very angry

synonym: crazy, insane, furious

(1) a **mad** person, (2) gets **mad** easily

He was **mad** with joy to see the results.

dreadlocks

n. a hairstyle in which the hair is left to grow into long, matted strands, often associated with Rastafarianism and Jamaican culture

(1) **dreadlocks** hairstyle, (2) tangled **dreadlocks**

Her long and thick **dreadlocks** were styled in a beautiful updo.

bumble

v. to move or act clumsily or awkwardly; to speak or behave in an inept or confused manner

synonym: stumble, fumble, blunder

(1) **bumble** his way into a high-paying job, (2) **bumble** through his speeches

She tends to **bumble** through her work, making careless errors along the way.

warn

v. to make someone aware of potential danger or difficulty, particularly one that may occur in the future

synonym: alert, caution, admonish

(1) **warn** a reckless driver, (2) **warned** me of the plan I attempted to **warn** him, but he ignored me.

pneumonia

n. an infection or inflammation of the lungs, typically caused by bacteria, viruses, or other microorganisms

synonym: lung infection, bronchitis

(1) bacterial **pneumonia**, (2) viral **pneumonia**

She was hospitalized with a severe case of **pneumonia**.

medical

adj. relating to the treatment of illness or injuries; relating to the practice of medicine

synonym: health, disease, treatment

(1) a **medical** opinion, (2) temporary **medical** treatment

The **medical** team worked quickly to save the patient's life.

dare

v. to have the courage to do something

synonym: challenge, risk, attempt

(1) **dare** not go, (2) **dare** to take risks

I wouldn't **dare** to speak to him like that.

declare

v. to say, state, or announce something clearly, officially, or publicly

synonym: announce, state, affirm

(1) **declare** independence, (2) **declare** my love

Foreign goods from abroad must be **declared** to customs

when entering a country.

demon

n. an evil spirit, supernatural being or entity often depicted as malevolent or harmful

synonym: fiend, devil, evil spirit

(1) **demon** hunter, (2) cast **demon** eyes

The actor's portrayal of the **demon** in the horror movie was terrifying.

blame

v. to think or say that someone or something did something wrong or is responsible for something bad

synonym: condemn, rebuke, find fault with

(1) **blame** circumstances for the failure, (2) **blame** the lack of knowledge

We **blamed** our impeded progress on lack of money.

witch

n. a person, typically a woman, who is believed to have magic powers and practices witchcraft

synonym: sorceress, enchantress, healer

(1) **witch** hunt, (2) **witch** trial

Many people in the medieval period believed in **witches** and their ability to cast spells.

accord

n. an official agreement or treaty between two organizations, countries, etc.; (verb) allow to have

synonym: alliance, pact, agreement

(1) **accord** with public opinion, (2) binational **accord**

The organization finally signed a peace **accord**.

organization

n. a group of people who work together for a shared purpose

synonym: association, institution, community

(1) **organization** chart, (2) agricultural **organization**

She is the president of a large international **organization**.

norm

n. something that is regarded as usual, typical, or standard

synonym: criterion, mean, standard

(1) **norm** of action, (2) cultural **norm**

The systems we have developed has accepted as industry **norms**.

stressor

n. something that causes stress or emotional tension

synonym: pressure, strain, burden

(1) **stressor** event, (2) **stressor** management

The deadline for the project was a major **stressor** for the team.

contribution

n. the act of giving something, especially money, to a particular cause or organization; a voluntary gift as of money or service or ideas made to some worthwhile cause

synonym: donation, gift, offering

(1) make a positive **contribution**, (2) **contribution** to society

His **contribution** to the charity was a generous donation of money.

communal

adj. belonging to or used by a group rather than individuals; for common use

synonym: collaborative, combined, collective

(1) **communal** swimming pool, (2) **communal** combination of funds

Communal elections were held in several European countries.

emotional

adj. relating to people's feelings

synonym: affecting, impactful, impressive

(1) **emotional** health, (2) **emotional** distress

Human **emotional** responses vary widely depending on the society to which they belong.

psychology

n. the scientific study of mind and behavior

(1) **psychology** experiment, (2) **psychology** of crowd

She had a master's degree in **psychology**.

well-being

n. the state of being happy and healthy and prosperous
synonym: health, welfare, happiness

(1) the **well-being** of a nation, (2) a sense of **well-being**
We are responsible for the care and **well-being** of all our employees.

government

n. the group of people with authority to control a country or state

synonym: administration, regime, state

(1) **government** bureaucracy, (2) **government** funding
The federal **government** is planning to increase taxes for the next fiscal year.

invest

v. to put money, effort, time, etc. into something to make a profit or achieve a result

synonym: fund, sponsor, support

(1) **invest** in stocks, (2) **invest** capital
The government should view children as national assets and actively **invest** in them.

severe

adj. extremely serious or bad in feeling, manner, or strict and harsh; extremely strong or vigorous

synonym: harsh, relentless, powerful

(1) **severe** heat, (2) a **severe** case of pneumonia
The senator received **severe** criticism from his opponent.

psychiatry

n. the branch of medicine concerned with the study, treatment, and prevention of mental illness

synonym: mental health, psychology, psychoanalysis

(1) **psychiatry** therapy, (2) biological **psychiatry**
The field of **psychiatry** is constantly evolving, with new treatments and approaches being developed all the time.

estimate

v. to guess or calculate the cost, size, value, etc. of something

synonym: calculate, gauge, evaluate

(1) **estimate** a fair value, (2) **estimate** this chicken to weigh three pounds

We **estimated** the season's total trade deficit at \$50 billion.

solitude

n. the state of being alone and isolated from others

synonym: isolation, seclusion, loneliness

(1) live in **solitude**, (2) enjoyment of **solitude**

He sought **solitude** in the wilderness to escape the distractions of modern life.

silent

adj. without any or little sound

synonym: quiet, hushed, mute

(1) **silent** reading, (2) give **silent** consent

The politician remained **silent** despite intense media scrutiny.

distance

n. the amount of space between two points, measured in units such as miles, meters, or kilometers; the extent, scope, or range between two things, such as distance or emotional distance

synonym: space, gap, span

(1) driving **distance**, (2) social **distance**

The marathon runner covered a long **distance** in a short amount of time.

ignorance

n. lack of knowledge or information about a particular subject or fact

synonym: unintelligence, inexperience, unawareness

(1) **ignorance** of the law, (2) **ignorance** is bliss

His **ignorance** of the situation led him to make a poor decision.

guilt

n. the fact of having committed something illegal; the negative feelings caused by believing or knowing that you have done something wrong

synonym : regret, remorse, blame

(1) criminal **guilt**, (2) feeling of **guilt**

Shame and **guilt** have significant social influences.

conduct

v. to organize and carry out a particular activity

synonym : behave, lead, carry on

(1) **conduct** a background check, (2) **conduct** research

Police will **conduct** random breath testing for drunk driving.

cite

v. to refer to something such as a passage, book, etc. as evidence for a theory or as a reason why something has happened

synonym : quote, mention, note

(1) **cite** various authorities, (2) **cite** a fact as evidence

The devil can **cite** Scripture for his purpose.

misuse

n. the act of using something in an unsuitable way or for the wrong purpose

synonym : abuse, misemployment, mishandling

(1) the **misuse** of company money, (2) protect the database from **misuse**

Drug **misuse** is associated with mental health disorders.

divine

adj. of, from, or like a god; holy or sacred

synonym : godly, holy, sacred

(1) **divine** intervention, (2) **divine** grace

The view from the mountaintop was truly **divine**.

wrath

n. extreme anger

synonym : fury, irritation, anger

(1) **wrath** of God, (2) a high person's **wrath**

He finally exploded with **wrath** due to the team's repeated failures.

witchcraft

n. the practice of using magical or supernatural powers or abilities to influence events or people, often used to

describe ancient, mystical, or pagan practices

synonym: sorcery, magic, wizardry

(1) **witchcraft** belief, (2) the power of **witchcraft**

Many people were accused of **witchcraft** during the Salem Witch Trials in the late 1600s.

spiritual

adj. relating to or affecting the human spirit or soul as opposed to material or physical things

synonym: otherworldly, ethereal, transcendental

(1) constant **spiritual** striving, (2) **spiritual** leader

The meditation class was focused on finding inner peace and cultivating a more **spiritual** connection with the universe.

possession

n. the state or fact of owning or having something

synonym: ownership, holding, control

(1) **possession** of the evidence, (2) a territorial **possession**

That painting is my **possession**, and I inherited it from my grandmother.

genetics

n. the branch of biology that studies genes, genetic variation, and heredity in organisms

(1) the science of **genetics**, (2) **genetics** discrimination

He is a specialist in the **genetics** of aging.

socioeconomic

adj. relating to the social and economic factors that shape an individual, group, or community, particularly in terms of income, occupation, education, and social class

synonym: social, economic, financial

(1) **socioeconomic** status, (2) **socioeconomic** issues

The **socioeconomic** conditions of a country can significantly affect its political stability.

conflict

n. a strong disagreement, argument, or a violent clash between two opposing groups or individuals

synonym: clash, discord, competition

(1) the **conflict** between good and evil, (2) the longstanding

conflict

He and I often had **conflicts**, not only in personality but also in ideology.

stigmatize

v. to accuse, condemn, or openly or formally consider somebody or something as not deserving respect

synonym: brand, mark, denounce

(1) **stigmatize** the deviant as criminal, (2) **stigmatize** him as a swindler

She was **stigmatized** by society because she had a child out of wedlock.

ostracize

v. to exclude someone from a group or society by general consent; to avoid speaking to or dealing with intentionally

synonym: exclude, shun, isolate

(1) **ostracize** individual, (2) **ostracize** group

His peers **ostracized** him for his controversial beliefs.

journalist

n. a person who collects and writes news stories or articles for newspapers, magazines, radio, television, or other online media

synonym: reporter, newsperson, press

(1) a China-based **journalist**, (2) **journalist** on a magazine
Foreign TV crews and **journalists** can go as they please in various locations during the Olympics.

robin

n. a small bird from the thrush family, typically having a red breast and found across Europe, Asia, and North America

synonym: thrush, red-breast, redbird

(1) **robin** eggs, (2) **robin's** nest

I love listening to the cheerful song of the **robin** in my garden.

abuse

n. the use of something in an incorrect or harmful manner

synonym: misuse, misconduct, vilification

(1) the problem of drug **abuse**, (2) victim of sexual **abuse**

Our company has an audit team that monitors directors for **abuse** of authority.

frantic

adj. marked by uncontrolled excitement or emotion; wild; frenzied

synonym: wild, frenzied, manic

(1) **frantic** pace, (2) with **frantic** haste

The mother was **frantic** as she searched for her lost child.

brilliant

adj. extremely clever, skilled, or impressive

synonym: luminous, intelligent, clever

(1) **brilliant** idea, (2) **brilliant** performance

The more **brilliant** you are, the more people around you look at you with envy and jealousy.

philosophy

n. the study of general and fundamental questions, such as those about existence, reason, knowledge, values, mind

synonym: doctrine, attitude, creed

(1) **philosophy** of education, (2) western **philosophy**

Ethics is a branch of **philosophy**.

charm

n. the power or quality of pleasing or fascinating people

synonym: allure, appeal, beauty

(1) masculine **charm**, (2) **charm** against bad luck

These are significantly more exquisite than typical **charm** bracelets.

diagnose

v. to determine or distinguish the nature of a problem or an illness through a careful analysis

synonym: identify, analyze, interpret

(1) **diagnose** the problem, (2) **diagnose** with CT scans

This device is used to **diagnose** brain cancer and other tumors.

schizophrenia

n. a severe mental disorder in which a person has a distorted view of reality and may experience

hallucinations, delusions, and disordered thinking and behavior

synonym: psychosis, disorder, mental illness

(1) **schizophrenia** spectrum disorder, (2) **schizophrenia** treatment

The **schizophrenia** patient was experiencing severe auditory hallucinations.

wit

n. the ability to say or write things or ideas in a clever and humorous way

synonym: humor, comedy, funniness

(1) the **wit** of man, (2) full of **wit**

He has the **wit** to keep talking about this topic.

recoil

v. to spring or flinch back, as in surprise, fear, or pain

synonym: flinch, shy, shrink

(1) **recoil** in horror, (2) **recoil** from a snake

The gun **recoiled** with a loud bang.

snicker

v. to laugh in a sly, suppressed, or scornful manner; to snigger; to express amusement or disdain in a quiet or subdued way

synonym: chuckle, snigger, giggle

(1) **snicker** quietly, (2) **snicker** to himself

He couldn't help but **snicker** at his friend's silly joke.

whisper

v. to speak very quietly to somebody using the breath rather than the voice so that only those close to you can hear you

synonym: murmur, rumor, mutter

(1) answer in a **whisper**, (2) the **whisper** of the leaves

He took me aside and **whispered** in my ear.

crazy

adj. stupid or not sensible; very angry

synonym: insane, absurd, bizarre

(1) **crazy** about cars and racing, (2) a **crazy** scheme

The rain and thunder are **crazy** today.

derogatory

adj. expressing a low opinion; insulting
synonym : insulting, negative, pejorative

(1) have **derogatory** eyes, (2) **derogatory** language

He made **derogatory** comments about her appearance and intelligence.

demean

v. to lower or damage someone's dignity, honor, or reputation; to treat someone disrespectfully, often in a way that makes them feel inferior or humiliated

synonym : lower, degrade, humiliate

(1) **demean** the value, (2) **demean** the reputation

You shouldn't **demean** yourself by taking on tasks beneath your skill level.

cancer

n. abnormal growth of cells that can invade and destroy surrounding tissues and organs; a disease characterized by the uncontrolled growth and spread of abnormal cells

synonym : tumor, carcinoma, malignancy

(1) **cancer** diagnosis, (2) **cancer** research

Breast **cancer** is the most common type of cancer in women.

malaria

n. a severe disease caused by a parasite that is spread by the bite of an infected mosquito

(1) **malaria** mosquitoes, (2) **malaria-endemic** area

Many people in tropical countries die from **malaria** every year.

eviscerate

v. to remove the internal organs of an animal; to severely criticize or attack someone or something

synonym : disembowel, gut, devitalize

(1) **eviscerate** the infected organs, (2) **eviscerate** the movie

The predator **eviscerated** its prey and ate its internal organs.

empathy

n. the ability to share another person's feelings or experiences by imagining that person's situation

synonym: compassion, sympathy, tenderness

(1) full of **empathy**, (2) **empathy** for patients

Empathy is also necessary to understand history.

isolate

v. to physically or socially separate someone or something from other people or things

synonym: separate, sequester, insulate

(1) **isolate** a compound, (2) **isolate** a patient

You should not **isolate** them from the community.

waver

v. to move in a quivering manner; to become weak

synonym: lurch, sway, wobble

(1) **waver** in purpose, (2) **waver** between work and private life

She didn't **waver** in her decision to pursue her dream career, despite the challenges.

tacit

adj. understood or implied without being stated outright; unspoken or inferred through context or implication

synonym: implicit, unspoken, inferred

(1) **tacit** support, (2) **tacit** consent

Their friendship was based on a **tacit** understanding of each other's needs and desires.

inspire

v. to make somebody fill with the desire, confidence, or enthusiasm, especially to do something creative

synonym: boost, encourage, enlighten

(1) **inspire** a feeling of curiosity, (2) **inspire** him to write a novel

The unique style of this martial arts **inspired** many action film producers.

plight

n. a difficult or unfortunate situation

synonym: crisis, predicament, trouble

(1) miserable **plight**, (2) the **plight** of the poor

The government has ignored the **plight** of the homeless

population.

alumni

n. (the plural form of "alumnus" or "alumna") former students or graduates of an educational institution or program

synonym: graduates, former students, alum

(1) **alumni** network, (2) **alumni** relations

Many **alumni** of our college have become successful in their chosen fields.

resident

n. a person who lives in a particular place or has their home in a place

synonym: dweller, inhabitant, inhabitant

(1) a **resident** of the city, (2) **resident** tax

Visa renewal for **resident** foreigners in this country is once every five years.

graduate

n. a person who has a first degree from university or college; (verb) to complete the first course of university or college and get a degree

synonym: alumna, alum, grad

(1) **graduate** degree program, (2) honor **graduate**

Many employers hire **graduate** trainees to train as managers.

undergraduate

n. a student who is studying for their first degree at a university or other higher education institution

synonym: college student, freshman

(1) engineering **undergraduate**, (2) **undergraduate** course

The class was composed of both **undergraduate** and graduate students.

struggle

v. to make a great effort to do something when it is difficult, or there are a lot of problems; to use force or violence to break away from restraint or constriction

synonym: toil, strive, compete

(1) **struggle** against discrimination, (2) **struggle** to get the job

He could not **struggle** against temptation.

tow

v. to pull or haul something along by means of a rope, chain, or other devices, typically using a vehicle as the source of power

synonym : haul, drag, pull

(1) **tow** a disabled vehicle, (2) **tow** a boat

I had to **tow** my car to the mechanic after it broke down.

detract

v. to diminish the value or worth of a quality or performance

synonym : take away, draw away, diminish

(1) **detract** from quality of life, (2) **detract** from his fame

His terrible manners **detract** from his good character.

virile

adj. having or characterized by masculinity or manly qualities, such as strength, energy, and sexual potency; possessing the qualities of an adult male

synonym : manly, masculine, potent

(1) **virile** strength, (2) **virile** vitality

The doctor said that regular exercise could help maintain a **virile** physique.

trauma

n. an emotional wound or shock often has long-lasting effects caused by a highly upsetting or shocking experience

synonym : agony, injury, ordeal

(1) psychic **trauma**, (2) **trauma** care

Many civilians have suffered **trauma** as a result of the war.

taint

v. to damage or spoil the quality or integrity of something, particularly through association with a negative or undesirable influence or element

synonym : corrupt, infect, spoil

(1) **taint** the government, (2) **taint** the atmosphere worldwide

The scandal will **taint** his reputation for years to come.

strength

n. the quality or state of being physically, or sometimes mentally, strong

synonym: resilience, power, muscles

(1) **strength** of the economy, (2) muscular **strength**

Health and **strength** are, above all, gold.

afflict

v. to cause pain, suffering, or distress to someone or something

synonym: trouble, distress, bother

(1) **afflict** with the plague, (2) **afflict** the economy

The disease can **afflict** both humans and animals.

vulnerable

adj. capable of being hurt or influenced physically or mentally

synonym: susceptible, exposed, weak

(1) a **vulnerable** bridge, (2) **vulnerable** parts of the body

Infants and pregnant women are particularly **vulnerable**.

confidence

n. the feeling or attitude that one can trust or rely on the abilities or good qualities of someone or something

synonym: self-trust, certainty, belief

(1) **confidence** as a teacher, (2) boost my **confidence**

Skill and **confidence** are an unconquered army.

associate

v. to mentally connect someone or something with someone or something else

synonym: tie in, link, consociate

(1) **associate** alcohol with gambling, (2) **associate** with people widely

The majority of consumers **associate** this brand with quality.

Session 2: Spelling

1. in____e at reception *v.* to ask for information about something or from someone; to investigate or look into a matter to gain clarification or understanding
2. the longstanding co____ct *n.* a strong disagreement, argument, or a violent clash between two opposing groups or individuals
3. si____t reading *adj.* without any or little sound
4. su____r a setback *v.* to experience pain, distress, or hardship; to undergo or endure something painful or unpleasant
5. em____y for patients *n.* the ability to share another person's feelings or experiences by imagining that person's situation
6. make a positive con_____ion *n.* the act of giving something, especially money, to a particular cause or organization; a voluntary gift as of money or service or ideas made to some worthwhile cause
7. ta__t support *adj.* understood or implied without being stated outright; unspoken or inferred through context or implication
8. ig_____ce is bliss *n.* lack of knowledge or information about a particular subject or fact
9. afraid to show em____n *n.* a strong feeling such as love, anger, etc. deriving from one's situation, mood, or relationships with others

ANSWERS: 1. inquire, 2. conflict, 3. silent, 4. suffer, 5. empathy, 6. contribution, 7. tacit, 8. ignorance, 9. emotion

10. the mi___e of company money *n.* the act of using something in an unsuitable way or for the wrong purpose
11. constant sp_____al striving *adj.* relating to or affecting the human spirit or soul as opposed to material or physical things
12. victim of a vi_____t crime *adj.* involving or caused by physical force or aggression against someone or something
13. di___e grace *adj.* of, from, or like a god; holy or sacred
14. ma_____a-endemic area *n.* a severe disease caused by a parasite that is spread by the bite of an infected mosquito
15. c__e a fact as evidence *v.* to refer to something such as a passage, book, etc. as evidence for a theory or as a reason why something has happened
16. temporary me_____l treatment *adj.* relating to the treatment of illness or injuries; relating to the practice of medicine
17. vi___e vitality *adj.* having or characterized by masculinity or manly qualities, such as strength, energy, and sexual potency; possessing the qualities of an adult male
18. the science of ge_____cs *n.* the branch of biology that studies genes, genetic variation, and heredity in organisms
19. as_____te with people widely *v.* to mentally connect someone or something with someone or something else

ANSWERS: 10. misuse, 11. spiritual, 12. violent, 13. divine, 14. malaria, 15. cite, 16. medical, 17. virile, 18. genetics, 19. associate

20. cr__y about cars and racing *adj.* stupid or not sensible; very angry
21. protect the database from mi___e *n.* the act of using something in an unsuitable way or for the wrong purpose
22. the wel_____ng of a nation *n.* the state of being happy and healthy and prosperous
23. bu___e through his speeches *v.* to move or act clumsily or awkwardly; to speak or behave in an inept or confused manner
24. in___t capital *v.* to put money, effort, time, etc. into something to make a profit or achieve a result
25. run like h__l *n.* the place thought to be where bad people go and are punished after death, often depicted as being located beneath the earth; an extraordinarily unpleasant or difficult place
26. the root problem of her dep_____on *n.* a mental condition in which a person feels very unhappy and without hope for the future; a severe recession in an economy or market
27. miserable pl___t *n.* a difficult or unfortunate situation
28. mas_____ty norms *n.* the qualities or attributes traditionally associated with men, such as physical strength, courage, assertiveness, and so on; the state of being male or manly
29. hold a pr_____t *n.* a strong expression of disagreement, disapproval, or opposition
30. the power of wit_____ft *n.* the practice of using magical or supernatural powers or abilities to influence events or people, often used to describe ancient, mystical, or pagan practices

ANSWERS: 20. crazy, 21. misuse, 22. well-being, 23. bumble, 24. invest, 25. hell, 26. depression, 27. plight, 28. masculinity, 29. protest, 30. witchcraft

31. the w_t of man *n.* the ability to say or write things or ideas in a clever and humorous way
32. bu___e his way into a high-paying job *v.* to move or act clumsily or awkwardly; to speak or behave in an inept or confused manner
33. the wh____r of the leaves *v.* to speak very quietly to somebody using the breath rather than the voice so that only those close to you can hear you
34. h__l broke loose *n.* the place thought to be where bad people go and are punished after death, often depicted as being located beneath the earth; an extraordinarily unpleasant or difficult place
35. os_____ze group *v.* to exclude someone from a group or society by general consent; to avoid speaking to or dealing with intentionally
36. re___l in horror *v.* to spring or flinch back, as in surprise, fear, or pain
37. ri__d rules *adj.* extremely strict and difficult to change or adapt; incapable of or resistant to bending
38. st_____le to get the job *v.* to make a great effort to do something when it is difficult, or there are a lot of problems; to use force or violence to break away from restraint or constriction
39. the state of being we__d *adj.* extraordinary, unexpected, or difficult to explain
40. co_____al combination of funds *adj.* belonging to or used by a group rather than individuals; for common use

ANSWERS: 31. wit, 32. bumble, 33. whisper, 34. hell, 35. ostracize, 36. recoil, 37. rigid, 38. struggle, 39. weird, 40. communal

41. org_____ion chart *n.* a group of people who work together for a shared purpose
42. a cr__y scheme *adj.* stupid or not sensible; very angry
43. wi__h hunt *n.* a person, typically a woman, who is believed to have magic powers and practices witchcraft
44. gr_____te degree program *n.* a person who has a first degree from university or college; (verb) to complete the first course of university or college and get a degree
45. fabric of the je____y *n.* a knitted garment typically made of wool or cotton, worn as a shirt or pullover
46. su_____te to death *v.* to die or cause someone to die from lack of air or inability to breathe; to be overwhelmed or constricted by a feeling or situation, such as anxiety or oppression
47. full of w_t *n.* the ability to say or write things or ideas in a clever and humorous way
48. a se____e case of pneumonia *adj.* extremely serious or bad in feeling, manner, or strict and harsh; extremely strong or vigorous
49. br____l honesty *adj.* harsh or cruel
50. viral pn_____ia *n.* an infection or inflammation of the lungs, typically caused by bacteria, viruses, or other microorganisms
51. honor gr_____te *n.* a person who has a first degree from university or college; (verb) to complete the first course of university or college and get a degree

ANSWERS: 41. organization, 42. crazy, 43. witch, 44. graduate, 45. jersey, 46. suffocate, 47. wit, 48. severe, 49. brutal, 50. pneumonia, 51. graduate

52. an____y for knowledge *n.* a feeling of worry, nervousness, or unease about something that is happening or might happen in the future
53. re_____nt tax *n.* a person who lives in a particular place or has their home in a place
54. se____e heat *adj.* extremely serious or bad in feeling, manner, or strict and harsh; extremely strong or vigorous
55. de____n the reputation *v.* to lower or damage someone's dignity, honor, or reputation; to treat someone disrespectfully, often in a way that makes them feel inferior or humiliated
56. become a lo__l customer *adj.* giving or remaining firm and constant support to a person, institution, product, etc.;
57. t_w a disabled vehicle *v.* to pull or haul something along by means of a rope, chain, or other devices, typically using a vehicle as the source of power
58. re____l from a snake *v.* to spring or flinch back, as in surprise, fear, or pain
59. ta__t the atmosphere worldwide *v.* to damage or spoil the quality or integrity of something, particularly through association with a negative or undesirable influence or element
60. st____a against obesity *n.* a mark of shame or disgrace associated with a particular circumstance, quality, or person
61. con_____ce as a teacher *n.* the feeling or attitude that one can trust or rely on the abilities or good qualities of someone or something

ANSWERS: 52. anxiety, 53. resident, 54. severe, 55. demean, 56. loyal, 57. tow, 58. recoil, 59. taint, 60. stigma, 61. confidence

62. in____e into the matter *v.* to ask for information about something or from someone; to investigate or look into a matter to gain clarification or understanding
63. cast de__n eyes *n.* an evil spirit, supernatural being or entity often depicted as malevolent or harmful
64. en____us amount *adj.* extremely large or great
65. a volunteer nu__e *n.* a healthcare professional who is trained to provide care for the sick or injured; (verb) to try to cure by special care or treatment of an illness or injury
66. em_____al distress *adj.* relating to people's feelings
67. ta__t the government *v.* to damage or spoil the quality or integrity of something, particularly through association with a negative or undesirable influence or element
68. con_____ion to society *n.* the act of giving something, especially money, to a particular cause or organization; a voluntary gift as of money or service or ideas made to some worthwhile cause
69. bl__e the lack of knowledge *v.* to think or say that someone or something did something wrong or is responsible for something bad
70. es____te this chicken to weigh three pounds *v.* to guess or calculate the cost, size, value, etc. of something
71. ri__d structure *adj.* extremely strict and difficult to change or adapt; incapable of or resistant to bending

ANSWERS: 62. inquire, 63. demon, 64. enormous, 65. nurse, 66. emotional, 67. taint, 68. contribution, 69. blame, 70. estimate, 71. rigid

72. bl__e circumstances for the failure *v.* to think or say that someone or something did something wrong or is responsible for something bad
73. pr____s improvement *n.* a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or objective; a method of treating milk to make it suitable for consumption or use in other dairy products
74. ig_____ce of the law *n.* lack of knowledge or information about a particular subject or fact
75. di_____e prevention *n.* a disorder or illness that affects the body or mind, often characterized by specific symptoms or abnormal functioning of organs or systems
76. de__n hunter *n.* an evil spirit, supernatural being or entity often depicted as malevolent or harmful
77. di_____e control *n.* a disorder or illness that affects the body or mind, often characterized by specific symptoms or abnormal functioning of organs or systems
78. western phi_____hy *n.* the study of general and fundamental questions, such as those about existence, reason, knowledge, values, mind
79. as_____te alcohol with gambling *v.* to mentally connect someone or something with someone or something else

ANSWERS: 72. blame, 73. process, 74. ignorance, 75. disease, 76. demon, 77. disease, 78. philosophy, 79. associate

80. engineering und_____ate *n.* a student who is studying for their first degree at a university or other higher education institution
81. evis_____te the infected organs *v.* to remove the internal organs of an animal; to severely criticize or attack someone or something
82. the pr_____nd depths of the sea *adj.* extremely great; sensed or experienced very strongly; displaying a high level of knowledge or comprehension
83. sn_____r to himself *v.* to laugh in a sly, suppressed, or scornful manner; to snigger; to express amusement or disdain in a quiet or subdued way
84. enjoyment of so_____de *n.* the state of being alone and isolated from others
85. a we__d dress *adj.* extraordinary, unexpected, or difficult to explain
86. psy_____gy experiment *n.* the scientific study of mind and behavior
87. feeling of gu__t *n.* the fact of having committed something illegal; the negative feelings caused by believing or knowing that you have done something wrong
88. je___y material *n.* a knitted garment typically made of wool or cotton, worn as a shirt or pullover
89. is_____e a compound *v.* to physically or socially separate someone or something from other people or things
90. ac___d with public opinion *n.* an official agreement or treaty between two organizations, countries, etc.; (verb) allow to have

ANSWERS: 80. undergraduate, 81. eviscerate, 82. profound, 83. snicker, 84. solitude, 85. weird, 86. psychology, 87. guilt, 88. jersey, 89. isolate, 90. accord

91. sp_____al leader *adj.* relating to or affecting the human spirit or soul as opposed to material or physical things
92. sti_____ze him as a swindler *v.* to accuse, condemn, or openly or formally consider somebody or something as not deserving respect
93. ro__n eggs *n.* a small bird from the thrush family, typically having a red breast and found across Europe, Asia, and North America
94. wi__h trial *n.* a person, typically a woman, who is believed to have magic powers and practices witchcraft
95. in_____e a feeling of curiosity *v.* to make somebody fill with the desire, confidence, or enthusiasm, especially to do something creative
96. live in so_____de *n.* the state of being alone and isolated from others
97. w__ned me of the plan *v.* to make someone aware of potential danger or difficulty, particularly one that may occur in the future
98. the tu_____l of the war *n.* a state of great disturbance, confusion, or uncertainty, often marked by intense activity or strong emotions
99. di___e intervention *adj.* of, from, or like a god; holy or sacred
100. social st___a *n.* a mark of shame or disgrace associated with a particular circumstance, quality, or person
101. af_____t the economy *v.* to cause pain, suffering, or distress to someone or something

ANSWERS: 91. spiritual, 92. stigmatize, 93. robin, 94. witch, 95. inspire, 96. solitude, 97. warn, 98. turmoil, 99. divine, 100. stigma, 101. afflict

102. ch__m against bad luck *n.* the power or quality of pleasing or fascinating people
103. di_____se the problem *v.* to determine or distinguish the nature of a problem or an illness through a careful analysis
104. en_____in a guest *v.* to keep a group of people interested or excited; to take into consideration an idea or feeling
105. br_____nt performance *adj.* extremely clever, skilled, or impressive
106. toxic mas_____ty *n.* the qualities or attributes traditionally associated with men, such as physical strength, courage, assertiveness, and so on; the state of being male or manly
107. a silent pr_____t *n.* a strong expression of disagreement, disapproval, or opposition
108. en_____us potential *adj.* extremely large or great
109. gets m_d easily *adj.* insane, especially due to a mental illness; very angry
110. wit_____ft belief *n.* the practice of using magical or supernatural powers or abilities to influence events or people, often used to describe ancient, mystical, or pagan practices
111. the pl____t of the poor *n.* a difficult or unfortunate situation
112. a territorial pos_____on *n.* the state or fact of owning or having something
113. bl__s him in my heart *v.* to make or pronounce holy; to hallow; to consecrate; to sanctify

ANSWERS: 102. charm, 103. diagnose, 104. entertain, 105. brilliant, 106. masculinity, 107. protest, 108. enormous, 109. mad, 110. witchcraft, 111. plight, 112. possession, 113. bless

114. classic arc_____ure *n.* the art and science of designing and constructing buildings
115. t_w a boat *v.* to pull or haul something along by means of a rope, chain, or other devices, typically using a vehicle as the source of power
116. wa__r between work and private life *v.* to move in a quivering manner; to become weak
117. wa__r in purpose *v.* to move in a quivering manner; to become weak
118. with fr_____c haste *adj.* marked by uncontrolled excitement or emotion; wild; frenzied
119. gov_____nt bureaucracy *n.* the group of people with authority to control a country or state
120. co_____al swimming pool *adj.* belonging to or used by a group rather than individuals; for common use
121. a China-based jou_____st *n.* a person who collects and writes news stories or articles for newspapers, magazines, radio, television, or other online media
122. jou_____st on a magazine *n.* a person who collects and writes news stories or articles for newspapers, magazines, radio, television, or other online media
123. the co_____ct between good and evil *n.* a strong disagreement, argument, or a violent clash between two opposing groups or individuals
124. a pr_____nd book *adj.* extremely great; sensed or experienced very strongly; displaying a high level of knowledge or comprehension

ANSWERS: 114. architecture, 115. tow, 116. waver, 117. waver, 118. frantic, 119. government, 120. communal, 121. journalist, 122. journalist, 123. conflict, 124. profound

125. w__n a reckless driver *v.* to make someone aware of potential danger or difficulty, particularly one that may occur in the future
126. psy_____ry therapy *n.* the branch of medicine concerned with the study, treatment, and prevention of mental illness
127. a re_____nt of the city *n.* a person who lives in a particular place or has their home in a place
128. tr___a care *n.* an emotional wound or shock often has long-lasting effects caused by a highly upsetting or shocking experience
129. in_____e him to write a novel *v.* to make somebody fill with the desire, confidence, or enthusiasm, especially to do something creative
130. cultural n__m *n.* something that is regarded as usual, typical, or standard
131. ta__t consent *adj.* understood or implied without being stated outright; unspoken or inferred through context or implication
132. driving di_____ce *n.* the amount of space between two points, measured in units such as miles, meters, or kilometers; the extent, scope, or range between two things, such as distance or emotional distance
133. su___r bad grades *v.* to experience pain, distress, or hardship; to undergo or endure something painful or unpleasant
134. sn_____r quietly *v.* to laugh in a sly, suppressed, or scornful manner; to snigger; to express amusement or disdain in a quiet or subdued way

ANSWERS: 125. warn, 126. psychiatry, 127. resident, 128. trauma, 129. inspire, 130. norm, 131. tacit, 132. distance, 133. suffer, 134. snicker

135. giant c__m *n.* a marine mollusk that burrows and lives on sand or mud, the shell closes with viselike firmness
136. und_____ate course *n.* a student who is studying for their first degree at a university or other higher education institution
137. bl__s you *v.* to make or pronounce holy; to hallow; to consecrate; to sanctify
138. ca___r research *n.* abnormal growth of cells that can invade and destroy surrounding tissues and organs; a disease characterized by the uncontrolled growth and spread of abnormal cells
139. ma_____a mosquitoes *n.* a severe disease caused by a parasite that is spread by the bite of an infected mosquito
140. criminal gu__t *n.* the fact of having committed something illegal; the negative feelings caused by believing or knowing that you have done something wrong
141. a lo__l friend *adj.* giving or remaining firm and constant support to a person, institution, product, etc.;
142. soc_____mic status *adj.* relating to the social and economic factors that shape an individual, group, or community, particularly in terms of income, occupation, education, and social class
143. su_____te fire *v.* to die or cause someone to die from lack of air or inability to breathe; to be overwhelmed or constricted by a feeling or situation, such as anxiety or oppression

ANSWERS: 135. clam, 136. undergraduate, 137. bless, 138. cancer, 139. malaria, 140. guilt, 141. loyal, 142. socioeconomic, 143. suffocate

144. sch_____nia spectrum disorder *n.* a severe mental disorder in which a person has a distorted view of reality and may experience hallucinations, delusions, and disordered thinking and behavior
145. pos_____on of the evidence *n.* the state or fact of owning or having something
146. answer in a wh_____r *v.* to speak very quietly to somebody using the breath rather than the voice so that only those close to you can hear you
147. co_____t a background check *v.* to organize and carry out a particular activity
148. muscular st_____th *n.* the quality or state of being physically, or sometimes mentally, strong
149. get inc_____ly insecure *adv.* in a way that is very difficult to believe; exceedingly or extremely
150. af_____t with the plague *v.* to cause pain, suffering, or distress to someone or something
151. psychic tr____a *n.* an emotional wound or shock often has long-lasting effects caused by a highly upsetting or shocking experience
152. st_____th of the economy *n.* the quality or state of being physically, or sometimes mentally, strong
153. a high person's wr__h *n.* extreme anger
154. social di_____ce *n.* the amount of space between two points, measured in units such as miles, meters, or kilometers; the extent, scope, or range between two things, such as distance or emotional distance

ANSWERS: 144. schizophrenia, 145. possession, 146. whisper, 147. conduct, 148. strength, 149. incredibly, 150. afflict, 151. trauma, 152. strength, 153. wrath, 154. distance

155. a me_____l opinion *adj.* relating to the treatment of illness or injuries; relating to the practice of medicine
156. decision-making pr_____s *n.* a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or objective; a method of treating milk to make it suitable for consumption or use in other dairy products
157. shuck a c__m *n.* a marine mollusk that burrows and lives on sand or mud, the shell closes with viselike firmness
158. sch_____nia treatment *n.* a severe mental disorder in which a person has a distorted view of reality and may experience hallucinations, delusions, and disordered thinking and behavior
159. have der_____ry eyes *adj.* expressing a low opinion; insulting
160. c__e various authorities *v.* to refer to something such as a passage, book, etc. as evidence for a theory or as a reason why something has happened
161. wr__h of God *n.* extreme anger
162. a vul_____le bridge *adj.* capable of being hurt or influenced physically or mentally
163. vi_____t incident *adj.* involving or caused by physical force or aggression against someone or something

ANSWERS: 155. medical, 156. process, 157. clam, 158. schizophrenia, 159. derogatory, 160. cite, 161. wrath, 162. vulnerable, 163. violent

164. st____or management *n.* something that causes stress or emotional tension
165. biological psy_____ry *n.* the branch of medicine concerned with the study, treatment, and prevention of mental illness
166. co_____t research *v.* to organize and carry out a particular activity
167. fr_____c pace *adj.* marked by uncontrolled excitement or emotion; wild; frenzied
168. a m_d person *adj.* insane, especially due to a mental illness; very angry
169. victim of sexual ab__e *n.* the use of something in an incorrect or harmful manner
170. d__e to take risks *v.* to have the courage to do something
171. de_____t from quality of life *v.* to diminish the value or worth of a quality or performance
172. ca____r diagnosis *n.* abnormal growth of cells that can invade and destroy surrounding tissues and organs; a disease characterized by the uncontrolled growth and spread of abnormal cells
173. de____n the value *v.* to lower or damage someone's dignity, honor, or reputation; to treat someone disrespectfully, often in a way that makes them feel inferior or humiliated
174. bacterial pn_____ia *n.* an infection or inflammation of the lungs, typically caused by bacteria, viruses, or other microorganisms

ANSWERS: 164. stressor, 165. psychiatry, 166. conduct, 167. frantic, 168. mad, 169. abuse, 170. dare, 171. detract, 172. cancer, 173. demean, 174. pneumonia

175. os_____ze individual *v.* to exclude someone from a group or society by general consent; to avoid speaking to or dealing with intentionally
176. al____i network *n.* (the plural form of "alumnus" or "alumna") former students or graduates of an educational institution or program
177. ge_____cs discrimination *n.* the branch of biology that studies genes, genetic variation, and heredity in organisms
178. let me en_____in you with music *v.* to keep a group of people interested or excited; to take into consideration an idea or feeling
179. the problem of drug ab__e *n.* the use of something in an incorrect or harmful manner
180. vi____e strength *adj.* having or characterized by masculinity or manly qualities, such as strength, energy, and sexual potency; possessing the qualities of an adult male
181. der_____ry language *adj.* expressing a low opinion; insulting
182. al____i relations *n.* (the plural form of "alumnus" or "alumna") former students or graduates of an educational institution or program
183. soc_____mic issues *adj.* relating to the social and economic factors that shape an individual, group, or community, particularly in terms of income, occupation, education, and social class
184. br_____nt idea *adj.* extremely clever, skilled, or impressive

ANSWERS: 175. ostracize, 176. alumni, 177. genetics, 178. entertain, 179. abuse, 180. virile, 181. derogatory, 182. alumni, 183. socioeconomic, 184. brilliant

185. br___l bully	<i>adj.</i> harsh or cruel
186. psy_____gy of crowd	<i>n.</i> the scientific study of mind and behavior
187. st_____or event	<i>n.</i> something that causes stress or emotional tension
188. es_____te a fair value	<i>v.</i> to guess or calculate the cost, size, value, etc. of something
189. di_____se with CT scans	<i>v.</i> to determine or distinguish the nature of a problem or an illness through a careful analysis
190. phi_____hy of education	<i>n.</i> the study of general and fundamental questions, such as those about existence, reason, knowledge, values, mind
191. n__m of action	<i>n.</i> something that is regarded as usual, typical, or standard
192. de_____t from his fame	<i>v.</i> to diminish the value or worth of a quality or performance
193. d__e not go	<i>v.</i> to have the courage to do something
194. boost my con_____ce	<i>n.</i> the feeling or attitude that one can trust or rely on the abilities or good qualities of someone or something
195. dre_____ks hairstyle	<i>n.</i> a hairstyle in which the hair is left to grow into long, matted strands, often associated with Rastafarianism and Jamaican culture
196. diagnosis of an_____y disorder	<i>n.</i> a feeling of worry, nervousness, or unease about something that is happening or might happen in the future

ANSWERS: 185. brutal, 186. psychology, 187. stressor, 188. estimate, 189. diagnose, 190. philosophy, 191. norm, 192. detract, 193. dare, 194. confidence, 195. dreadlocks, 196. anxiety

197. masculine ch__m	<i>n.</i> the power or quality of pleasing or fascinating people
198. a sense of wel_____ng	<i>n.</i> the state of being happy and healthy and prosperous
199. tangled dre_____ks	<i>n.</i> a hairstyle in which the hair is left to grow into long, matted strands, often associated with Rastafarianism and Jamaican culture
200. full of em_____y	<i>n.</i> the ability to share another person's feelings or experiences by imagining that person's situation
201. inc_____ly cheerful character	<i>adv.</i> in a way that is very difficult to believe; exceedingly or extremely
202. vul_____le parts of the body	<i>adj.</i> capable of being hurt or influenced physically or mentally
203. political tu_____l	<i>n.</i> a state of great disturbance, confusion, or uncertainty, often marked by intense activity or strong emotions
204. control my em_____n	<i>n.</i> a strong feeling such as love, anger, etc. deriving from one's situation, mood, or relationships with others
205. the Great Dep_____on	<i>n.</i> a mental condition in which a person feels very unhappy and without hope for the future; a severe recession in an economy or market
206. agricultural org_____ion	<i>n.</i> a group of people who work together for a shared purpose
207. ro__n's nest	<i>n.</i> a small bird from the thrush family, typically having a red breast and found across Europe, Asia, and North America

ANSWERS: 197. charm, 198. well-being, 199. dreadlocks, 200. empathy, 201. incredibly, 202. vulnerable, 203. turmoil, 204. emotion, 205. depression, 206. organization, 207. robin

208. arc_____ure design *n.* the art and science of designing and constructing buildings
209. a s__m battle *n.* something that is not as good or true as it seems to be and is intended to deceive people; a person who pretends to be something they are not
210. in___t in stocks *v.* to put money, effort, time, etc. into something to make a profit or achieve a result
211. de_____e my love *v.* to say, state, or announce something clearly, officially, or publicly
212. gov_____nt funding *n.* the group of people with authority to control a country or state
213. de_____e independence *v.* to say, state, or announce something clearly, officially, or publicly
214. nu__e practitioner *n.* a healthcare professional who is trained to provide care for the sick or injured; (verb) to try to cure by special care or treatment of an illness or injury
215. evi_____te the movie *v.* to remove the internal organs of an animal; to severely criticize or attack someone or something
216. give si___t consent *adj.* without any or little sound
217. sti_____ze the deviant as criminal *v.* to accuse, condemn, or openly or formally consider somebody or something as not deserving respect
218. st_____le against discrimination *v.* to make a great effort to do something when it is difficult, or there are a lot of problems; to use force or violence to break away from restraint or constriction

ANSWERS: 208. architecture, 209. sham, 210. invest, 211. declare, 212. government, 213. declare, 214. nurse, 215. eviscerate, 216. silent, 217. stigmatize, 218. struggle

219. turn out to be all s__m *n.* something that is not as good or true as it seems to be and is intended to deceive people; a person who pretends to be something they are not
220. is_____e a patient *v.* to physically or socially separate someone or something from other people or things
221. em_____al health *adj.* relating to people's feelings
222. binational ac___d *n.* an official agreement or treaty between two organizations, countries, etc.; (verb) allow to have

ANSWERS: 219. sham, 220. isolate, 221. emotional, 222. accord

Session 3: Fill in the Blanks

1. Many employers hire _____ trainees to train as managers.
n. a person who has a first degree from university or college; (verb) to complete the first course of university or college and get a degree
2. Health and _____ are, above all, gold.
n. the quality or state of being physically, or sometimes mentally, strong
3. The disease can _____ both humans and animals.
v. to cause pain, suffering, or distress to someone or something
4. The government should view children as national assets and actively _____ in them.
v. to put money, effort, time, etc. into something to make a profit or achieve a result
5. The devil can _____ Scripture for his purpose.
v. to refer to something such as a passage, book, etc. as evidence for a theory or as a reason why something has happened
6. The data he prepared was completely _____.
n. something that is not as good or true as it seems to be and is intended to deceive people; a person who pretends to be something they are not
7. The _____ team worked quickly to save the patient's life.
adj. relating to the treatment of illness or injuries; relating to the practice of medicine
8. Many civilians have suffered _____ as a result of the war.
n. an emotional wound or shock often has long-lasting effects caused by a highly upsetting or shocking experience

ANSWERS: 1. graduate, 2. strength, 3. afflict, 4. invest, 5. cite, 6. sham, 7. medical, 8. trauma

9. Shakespeare's output of poetry was _____.

adj. extremely large or great

10. His _____ of the situation led him to make a poor decision.

n. lack of knowledge or information about a particular subject or fact

11. The mother was _____ as she searched for her lost child.

adj. marked by uncontrolled excitement or emotion; wild; frenzied

12. Skill and _____ are an unconquered army.

n. the feeling or attitude that one can trust or rely on the abilities or good qualities of someone or something

13. He was ___ with joy to see the results.

adj. insane, especially due to a mental illness; very angry

14. His terrible manners _____ from his good character.

v. to diminish the value or worth of a quality or performance

15. He is a specialist in the _____ of aging.

n. the branch of biology that studies genes, genetic variation, and heredity in organisms

16. He could not _____ against temptation.

v. to make a great effort to do something when it is difficult, or there are a lot of problems; to use force or violence to break away from restraint or constriction

17. Shame and _____ have significant social influences.

n. the fact of having committed something illegal; the negative feelings caused by believing or knowing that you have done something wrong

ANSWERS: 9. enormous, 10. ignorance, 11. frantic, 12. confidence, 13. mad, 14. detract, 15. genetics, 16. struggle, 17. guilt

18. That painting is my _____ and I inherited it from my grandmother.
n. the state or fact of owning or having something
19. He made _____ comments about her appearance and intelligence.
adj. expressing a low opinion; insulting
20. People can _____ from a lack of oxygen in confined spaces.
v. to die or cause someone to die from lack of air or inability to breathe; to be overwhelmed or constricted by a feeling or situation, such as anxiety or oppression
21. The federal _____ is planning to increase taxes for the next fiscal year.
n. the group of people with authority to control a country or state
22. Human _____ responses vary widely depending on the society to which they belong.
adj. relating to people's feelings
23. The city is known for its impressive _____ and beautiful old buildings.
n. the art and science of designing and constructing buildings
24. Our company has an audit team that monitors directors for _____ of authority.
n. the use of something in an incorrect or harmful manner
25. The battlefield became _____ on earth.
n. the place thought to be where bad people go and are punished after death, often depicted as being located beneath the earth; an extraordinarily unpleasant or difficult place

ANSWERS: 18. possession, 19. derogatory, 20. suffocate, 21. government, 22. emotional, 23. architecture, 24. abuse, 25. hell

26. He has the ____ to keep talking about this topic.

n. the ability to say or write things or ideas in a clever and humorous way

27. The politician remained _____ despite intense media scrutiny.

adj. without any or little sound

28. He refused to _____ our proposal.

v. to keep a group of people interested or excited; to take into consideration an idea or feeling

29. The mental health _____ often prevents people from seeking treatment.

n. a mark of shame or disgrace associated with a particular circumstance, quality, or person

30. The _____ conditions of a country can significantly affect its political stability.

adj. relating to the social and economic factors that shape an individual, group, or community, particularly in terms of income, occupation, education, and social class

31. The company experienced financial _____ after the CEO was arrested.

n. a state of great disturbance, confusion, or uncertainty, often marked by intense activity or strong emotions

32. Enemy armies are _____ to their monarch.

adj. giving or remaining firm and constant support to a person, institution, product, etc.;

33. We are responsible for the care and _____ of all our employees.

n. the state of being happy and healthy and prosperous

ANSWERS: 26. wit, 27. silent, 28. entertain, 29. stigma, 30. socioeconomic, 31. turmoil, 32. loyal, 33. well-being

34. I need to _____ about the details of the job interview.

- v. to ask for information about something or from someone; to investigate or look into a matter to gain clarification or understanding

35. I wouldn't _____ to speak to him like that.

- v. to have the courage to do something

36. He couldn't help but _____ at his friend's silly joke.

- v. to laugh in a sly, suppressed, or scornful manner; to snigger; to express amusement or disdain in a quiet or subdued way

37. He and I often had _____ not only in personality but also in ideology.

- n. a strong disagreement, argument, or a violent clash between two opposing groups or individuals

38. Foreign goods from abroad must be _____ to customs when entering a country.

- v. to say, state, or announce something clearly, officially, or publicly

39. Ethics is a branch of _____.

- n. the study of general and fundamental questions, such as those about existence, reason, knowledge, values, mind

40. Breast _____ is the most common type of cancer in women.

- n. abnormal growth of cells that can invade and destroy surrounding tissues and organs; a disease characterized by the uncontrolled growth and spread of abnormal cells

41. The priest _____ the couple as they knelt before him.

- v. to make or pronounce holy; to hallow; to consecrate; to sanctify

ANSWERS: 34. inquire, 35. dare, 36. snicker, 37. conflicts, 38. declared, 39. philosophy, 40. cancer, 41. blessed

42. She tends to _____ through her work, making careless errors along the way.
v. to move or act clumsily or awkwardly; to speak or behave in an inept or confused manner
43. The systems we have developed has accepted as industry _____.
n. something that is regarded as usual, typical, or standard
44. Police will _____ random breath testing for drunk driving.
v. to organize and carry out a particular activity
45. The senator received _____ criticism from his opponent.
adj. extremely serious or bad in feeling, manner, or strict and harsh; extremely strong or vigorous
46. The predator _____ its prey and ate its internal organs.
v. to remove the internal organs of an animal; to severely criticize or attack someone or something
47. I had to ___ my car to the mechanic after it broke down.
v. to pull or haul something along by means of a rope, chain, or other devices, typically using a vehicle as the source of power
48. Some _____ are common across cultures and backgrounds.
n. a strong feeling such as love, anger, etc. deriving from one's situation, mood, or relationships with others
49. You shouldn't _____ yourself by taking on tasks beneath your skill level.
v. to lower or damage someone's dignity, honor, or reputation; to treat someone disrespectfully, often in a way that makes them feel inferior or humiliated

ANSWERS: 42. bumble, 43. norms, 44. conduct, 45. severe, 46. eviscerated, 47. tow, 48. emotions, 49. demean

50. Several cities are experiencing _____ high unemployment rates.

adv. in a way that is very difficult to believe; exceedingly or extremely

51. I attempted to _____ him, but he ignored me.

v. to make someone aware of potential danger or difficulty, particularly one that may occur in the future

52. This device is used to _____ brain cancer and other tumors.

v. to determine or distinguish the nature of a problem or an illness through a careful analysis

53. The rain and thunder are _____ today.

adj. stupid or not sensible; very angry

54. The organization finally signed a peace _____.

n. an official agreement or treaty between two organizations, countries, etc.;
(verb) allow to have

55. She was hospitalized with a severe case of _____.

n. an infection or inflammation of the lungs, typically caused by bacteria, viruses, or other microorganisms

56. She is the president of a large international _____.

n. a group of people who work together for a shared purpose

57. She didn't _____ in her decision to pursue her dream career, despite the challenges.

v. to move in a quivering manner; to become weak

ANSWERS: 50. incredibly, 51. warn, 52. diagnose, 53. crazy, 54. accord, 55. pneumonia, 56. organization, 57. waver

58. The unique style of this martial arts _____ many action film producers.

v. to make somebody fill with the desire, confidence, or enthusiasm, especially to do something creative

59. My mother's illness had a _____ impact on us all.

adj. extremely great; sensed or experienced very strongly; displaying a high level of knowledge or comprehension

60. These are significantly more exquisite than typical _____ bracelets.

n. the power or quality of pleasing or fascinating people

61. My computer has been acting _____ recently.

adj. extraordinary, unexpected, or difficult to explain

62. Research has shown that rigid ideas of _____ can contribute to domestic violence and other forms of abuse.

n. the qualities or attributes traditionally associated with men, such as physical strength, courage, assertiveness, and so on; the state of being male or manly

63. The night shift _____ checked my vital signs before administering the medication.

n. a healthcare professional who is trained to provide care for the sick or injured; (verb) to try to cure by special care or treatment of an illness or injury

64. The majority of consumers _____ this brand with quality.

v. to mentally connect someone or something with someone or something else

65. Infants and pregnant women are particularly _____.

adj. capable of being hurt or influenced physically or mentally

ANSWERS: 58. inspired, 59. profound, 60. charm, 61. weird, 62. masculinity, 63. nurse, 64. associate, 65. vulnerable

66. She had a master's degree in _____.

n. the scientific study of mind and behavior

67. We _____ our impeded progress on lack of money.

v. to think or say that someone or something did something wrong or is responsible for something bad

68. _____ symptoms might include a decrease in appetite and weight loss.

n. a mental condition in which a person feels very unhappy and without hope for the future; a severe recession in an economy or market

69. He was unpopular because of his _____ adherence to the rules.

adj. extremely strict and difficult to change or adapt; incapable of or resistant to bending

70. The older man _____ from arthritis and finds it difficult to move around.

v. to experience pain, distress, or hardship; to undergo or endure something painful or unpleasant

71. She waited for her daughter with _____.

n. a feeling of worry, nervousness, or unease about something that is happening or might happen in the future

72. The deadline for the project was a major _____ for the team.

n. something that causes stress or emotional tension

73. Many people in tropical countries die from _____ every year.

n. a severe disease caused by a parasite that is spread by the bite of an infected mosquito

ANSWERS: 66. psychology, 67. blamed, 68. Depression, 69. rigid, 70. suffers, 71. anxiety, 72. stressor, 73. malaria

74. She was _____ by society because she had a child out of wedlock.
- v. to accuse, condemn, or openly or formally consider somebody or something as not deserving respect
75. I always wear my favorite basketball player's _____ to the games.
- n. a knitted garment typically made of wool or cotton, worn as a shirt or pullover
76. The gun _____ with a loud bang.
- v. to spring or flinch back, as in surprise, fear, or pain
77. The scandal will _____ his reputation for years to come.
- v. to damage or spoil the quality or integrity of something, particularly through association with a negative or undesirable influence or element
78. The _____ for applying for a visa can be lengthy and complicated.
- n. a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or objective; a method of treating milk to make it suitable for consumption or use in other dairy products
79. He left the party in _____ at its radical political stance.
- n. a strong expression of disagreement, disapproval, or opposition
80. Many people were accused of _____ during the Salem Witch Trials in the late 1600s.
- n. the practice of using magical or supernatural powers or abilities to influence events or people, often used to describe ancient, mystical, or pagan practices
81. The _____ digs through the sand to a significant depth.
- n. a marine mollusk that burrows and lives on sand or mud, the shell closes with viselike firmness

ANSWERS: 74. stigmatized, 75. jersey, 76. recoiled, 77. taint, 78. process, 79. protest, 80. witchcraft, 81. clam

82. The _____ patient was experiencing severe auditory hallucinations.
n. a severe mental disorder in which a person has a distorted view of reality and may experience hallucinations, delusions, and disordered thinking and behavior
83. The protesters became _____ when the police tried to disperse them.
adj. involving or caused by physical force or aggression against someone or something
84. The government has ignored the _____ of the homeless population.
n. a difficult or unfortunate situation
85. His _____ to the charity was a generous donation of money.
n. the act of giving something, especially money, to a particular cause or organization; a voluntary gift as of money or service or ideas made to some worthwhile cause
86. I love listening to the cheerful song of the _____ in my garden.
n. a small bird from the thrush family, typically having a red breast and found across Europe, Asia, and North America
87. The actor's portrayal of the _____ in the horror movie was terrifying.
n. an evil spirit, supernatural being or entity often depicted as malevolent or harmful
88. He sought _____ in the wilderness to escape the distractions of modern life.
n. the state of being alone and isolated from others
89. Foreign TV crews and _____ can go as they please in various locations during the Olympics.
n. a person who collects and writes news stories or articles for newspapers, magazines, radio, television, or other online media

ANSWERS: 82. schizophrenia, 83. violent, 84. plight, 85. contribution, 86. robin, 87. demon, 88. solitude, 89. journalists

90. Many _____ of our college have become successful in their chosen fields.
n. (the plural form of "alumnus" or "alumna") former students or graduates of an educational institution or program
91. _____ is also necessary to understand history.
n. the ability to share another person's feelings or experiences by imagining that person's situation
92. The marathon runner covered a long _____ in a short amount of time.
n. the amount of space between two points, measured in units such as miles, meters, or kilometers; the extent, scope, or range between two things, such as distance or emotional distance
93. Their friendship was based on a _____ understanding of each other's needs and desires.
adj. understood or implied without being stated outright; unspoken or inferred through context or implication
94. His peers _____ him for his controversial beliefs.
v. to exclude someone from a group or society by general consent; to avoid speaking to or dealing with intentionally
95. The field of _____ is constantly evolving, with new treatments and approaches being developed all the time.
n. the branch of medicine concerned with the study, treatment, and prevention of mental illness
96. The doctor said that regular exercise could help maintain a _____ physique.
adj. having or characterized by masculinity or manly qualities, such as strength, energy, and sexual potency; possessing the qualities of an adult male

ANSWERS: 90. alumni, 91. Empathy, 92. distance, 93. tacit, 94. ostracized, 95. psychiatry, 96. virile

97. The doctor diagnosed him with a rare _____ that had no known cure.
n. a disorder or illness that affects the body or mind, often characterized by specific symptoms or abnormal functioning of organs or systems
98. Drug _____ is associated with mental health disorders.
n. the act of using something in an unsuitable way or for the wrong purpose
99. He finally exploded with _____ due to the team's repeated failures.
n. extreme anger
100. He took me aside and _____ in my ear.
v. to speak very quietly to somebody using the breath rather than the voice so that only those close to you can hear you
101. We _____ the season's total trade deficit at \$50 billion.
v. to guess or calculate the cost, size, value, etc. of something
102. Many people in the medieval period believed in _____ and their ability to cast spells.
n. a person, typically a woman, who is believed to have magic powers and practices witchcraft
103. Her long and thick _____ were styled in a beautiful updo.
n. a hairstyle in which the hair is left to grow into long, matted strands, often associated with Rastafarianism and Jamaican culture
104. _____ elections were held in several European countries.
adj. belonging to or used by a group rather than individuals; for common use

ANSWERS: 97. disease, 98. misuse, 99. wrath, 100. whispered, 101. estimated, 102. witches, 103. dreadlocks, 104. Communal

105. You should not _____ them from the community.

v. to physically or socially separate someone or something from other people or things

106. Visa renewal for _____ foreigners in this country is once every five years.

n. a person who lives in a particular place or has their home in a place

107. The view from the mountaintop was truly _____.

adj. of, from, or like a god; holy or sacred

108. The meditation class was focused on finding inner peace and cultivating a more _____ connection with the universe.

adj. relating to or affecting the human spirit or soul as opposed to material or physical things

109. The class was composed of both _____ and graduate students.

n. a student who is studying for their first degree at a university or other higher education institution

110. The _____ attack left the victim with serious injuries.

adj. harsh or cruel

111. The more _____ you are, the more people around you look at you with envy and jealousy.

adj. extremely clever, skilled, or impressive

ANSWERS: 105. isolate, 106. resident, 107. divine, 108. spiritual, 109. undergraduate, 110. brutal, 111. brilliant